



## International Day of Yoga

(21-06-2017)

JAM session has been conducted by the Department of CSE on account of International Day Of Yoga too create awareness in students about the health benefits of Yoga.

The idea of International Day of Yoga was first observed by the Prime Minister, Mr. Narendra Modi during his speech at the UNGA, on 27 September 2014. He stated,

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise, but to discover the sense of oneness with yourself, the world and the nature. By changing our lifestyle and creating consciousness, it can help in well being. Let us work towards adopting an International Yoga Day."

- Narendra Modi, UN General Assembly

The day, which is also referred to as Yoga Day commonly, is celebrated on June 21 since its inception in 2015.

The day is celebrated to mark the importance of physical, mental and spiritual practice, which was first originally practiced in India.

The United Nations suggested the date of 21 June, as it is the longest day of the year in the Northern Hemisphere and carries special significance in many parts of the world. It was considered unanimously by the UNGA (United Nations General Assembly).

### **Participants List:**

| S.No | Roll Num   | Name Of The Student                 |
|------|------------|-------------------------------------|
| 1    | 15a31a0501 | Aayushi Jain                        |
| 2    | 15a31a0507 | Doddapinni Niharika                 |
| 3    | 15a31a0536 | Siluveru Dhanyasheela               |
| 4    | 15a31a0554 | Medapati Mahesh Reddy               |
| 5    | 15a31a0557 | Tanari Sushanth                     |
| 6    | 15a31a0561 | Adabala Naveena Rama Lakshmi        |
| 7    | 15a31a0566 | Dabbeeru Namratha                   |
| 8    | 15a31a0571 | Harshleen Sadhnani                  |
| 9    | 15a31a0572 | Kadimcharla Naga Ratna Sahithi      |
| 10   | 15a31b0501 | Adapa Chandra Satya Lavanya         |
| 11   | 15a31b0502 | Adireddy Sitadevi                   |
| 12   | 15a31b0509 | Kopparthi Naga Bala Vasavi Preethi  |
| 13   | 15a31b0552 | Pasala Vinay                        |
| 14   | 15a31b0553 | Praveen Kumar Gokeda                |
| 15   | 14a31a0503 | Chamarthi J V L S Sindhu            |
| 16   | 14a31a0505 | Chollangi Mohana Lakshmi Saraswathi |
| 17   | 14a31a0597 | Virodhula Bharathi                  |
| 18   | 14a31a05a2 | Chigurupati Eswar Revanth           |



# PRAGATI ENGINEERING COLLEGE (Autonomous)



---

DEPARTMENT OF COMPUTER SCIENCE AND ENGINEERING

---

## **Faculty Coordinators:**

Geeta Vijaya Kumar , Assistant Professor